

# College Football Players Knowledge and Attitudes Toward Concussions

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## Introduction

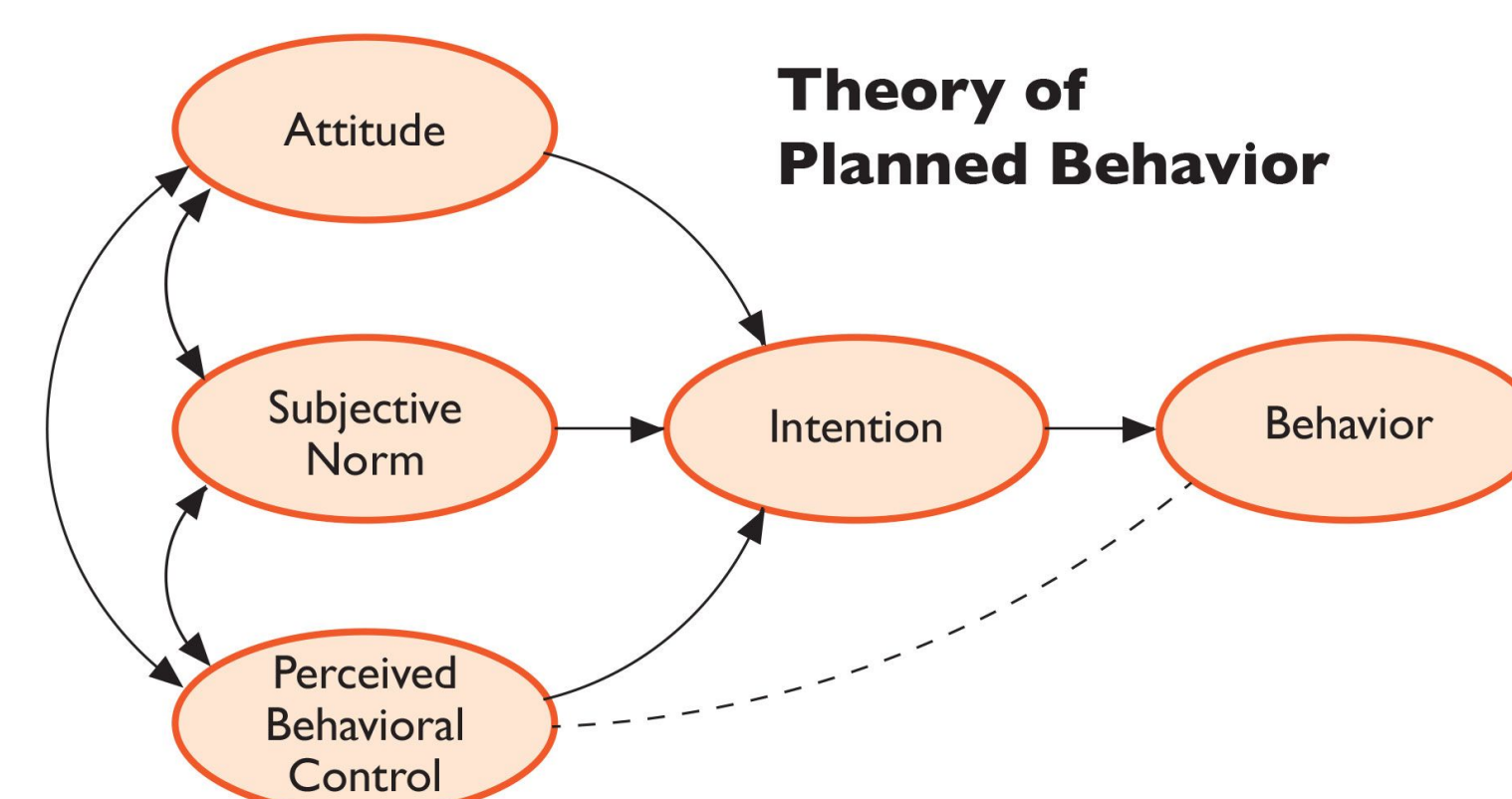
- ❖ Concussions are defined as temporary unconsciousness caused by a blow to the head
- ❖ This study looks at the effects of concussions on football players' athletic performance

### Common signs of concussion:



## Theory of Planned Behavior

- ❖ Theory of planned behavior is a psychological theory that links one's beliefs and behavior.
- ❖ Someone's personal beliefs and background highly impact their motivation to perform certain behaviors
- ❖ Three main factors to the theory:
  - ❖ How the individual perceives the behavior
  - ❖ Social norms
  - ❖ Self-efficacy

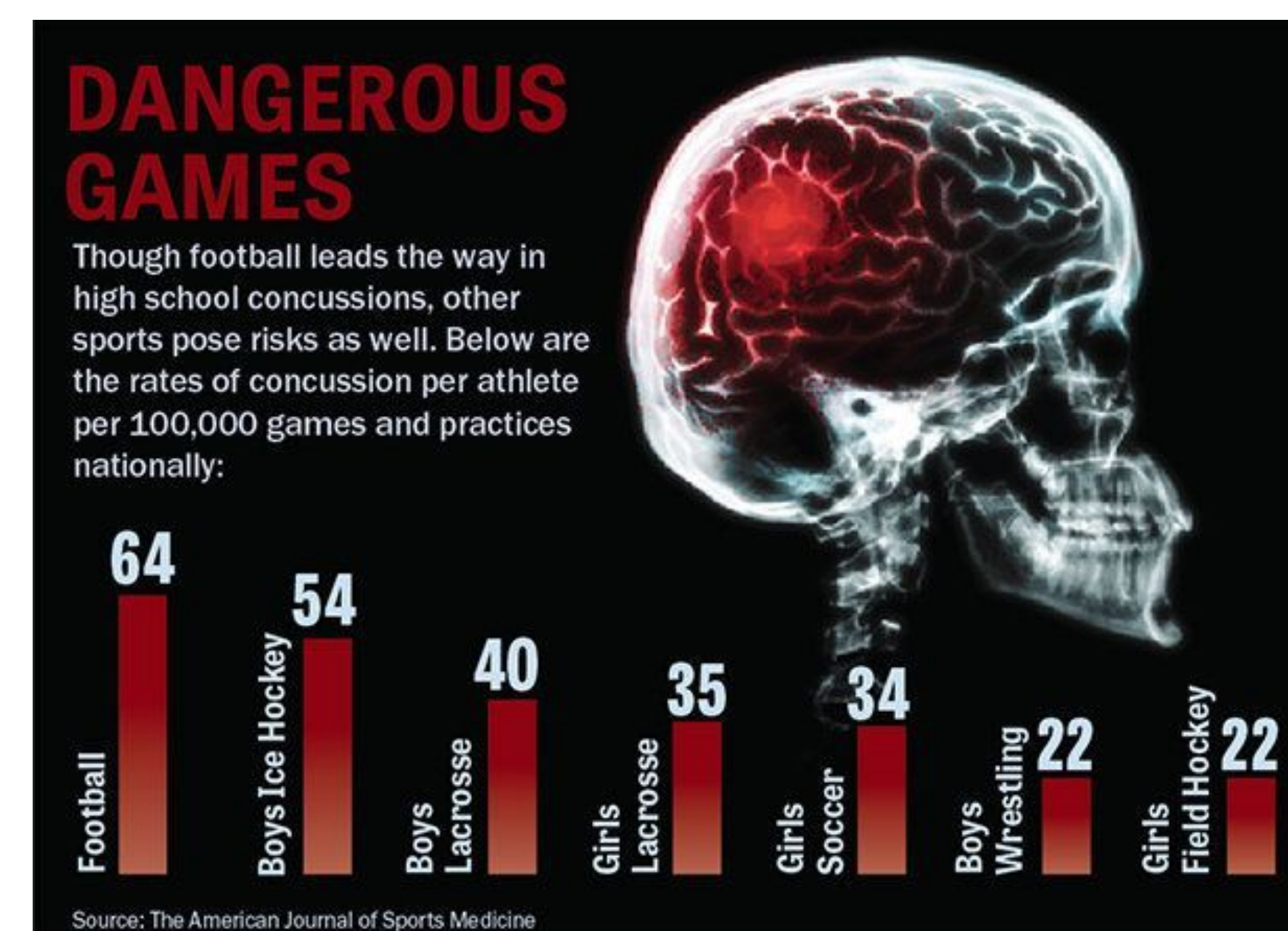


## Methods

- ❖ 3 collegiate football players were asked to complete a survey and conduct an interview regarding their knowledge of concussions
- ❖ The Theory of Planned Behavior will tell us if there are any trends between the athlete's knowledge of concussions and their ability to play at full capacity

## Survey

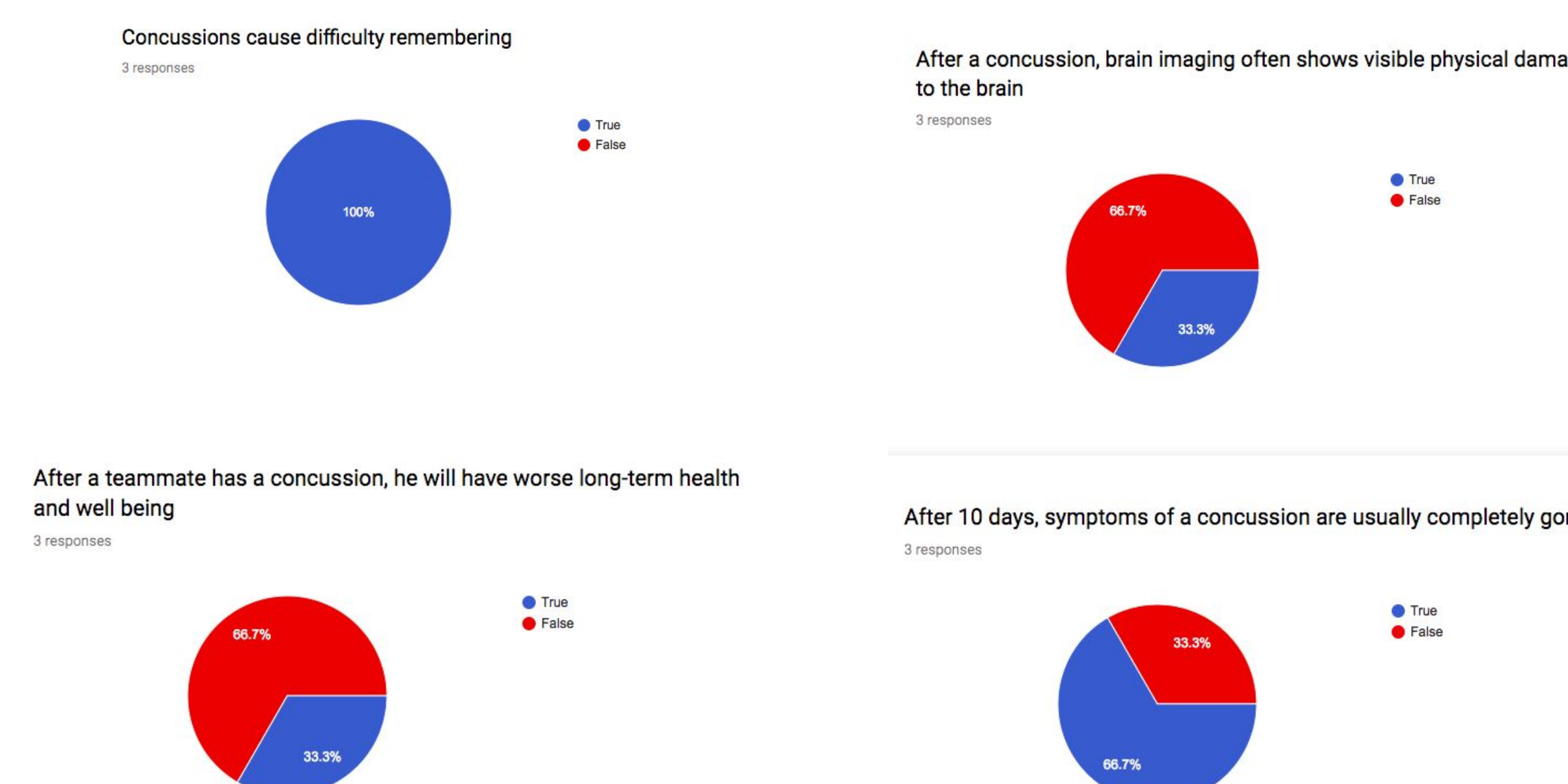
- ❖ Each player completed a 20 question survey identifying his knowledge of concussions.
- ❖ Results will provide a baseline of knowledge to analyze relationships between knowledge and motivation



## Interview

- ❖ Each player participated in a semi-structured interview including about 9 questions.
- ❖ These interviews were intended to see each player's perception surrounding concussions.

## Results



## Conclusion

- ❖ Most showed a general knowledge of concussions and what causes them
- ❖ Not many participants knew the after-effects which skewed their opinions on continuing to play

## Discussion

- ❖ We are continuing to gather information regarding football players' knowledge of concussions and how their knowledge affects their performance
- ❖ All completed survey's showed correct knowledge of concussions and their consequences, however, motivation to continue playing was still very high
- ❖ Our findings suggested that the Theory of Planned Behavior influenced their behavior and responses. The long-term effects were not clearly understood by our subjects. Many indicated that they would play through a concussion. This indicates that if they knew the long-term effects, they would be less likely to play through a concussion.

## Sources

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